

1 ABSTRACT OF THE DISCLOSURE

2 The present invention comprises a method and a data means for preventing and treating
3 spinal disc herniations. The method comprises a discovery that the torques, forces,
4 stresses, strains, sprains imposed on a human spine and pelvis result in the bulging and/or
5 herniation of an intervertebral disc. A formula or a plurality of formulas for the treatments
6 of the soft tissues producing or involving with said disc herniation and a data means for
7 predicting or estimating the risks, incidences and propensity towards said disc herniation
8 in people are provided.